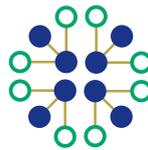




WHO WE ARE.
WHAT WE DO.
WHO WE SERVE.



**Community
Mental Health**
FOR CENTRAL MICHIGAN

Communities where all individuals experience fulfilled lives.

WHO WE ARE



Community mental health services programs (CMHSPs) and the organizations with which they contract provide a comprehensive range of services and supports to children, adolescents and adults with mental illnesses, intellectual/developmental disabilities and substance use disorders in all 83 Michigan counties. The CMH network provides 24-hour emergency/crisis response services, screens admissions to state facilities, acts as the single point of entry into the public mental health system, and manages mental health benefits for persons enrolled in the Medicaid, MIChild and Adult Benefit Waiver programs.



WHAT WE DO



Community Mental Health for Central Michigan is a program that provides mental health, intellectual/developmental disability, or substance use disorder services to eligible populations.

If an individual is eligible for services, CMHCM will make sure that services provided to them are based on medical necessity, reflect their personal needs and goals, and are within the guidelines of the State plan.

WHO WE SERVE



CMHCM provides screening for adults and children with mental illness, intellectual/developmental disabilities and/or co-occurring substance use disorders to determine eligibility for ongoing services. CMHCM provides crisis services for anyone in the community.

- **Are a resident of Clare, Gladwin, Isabella, Mecosta, Midland, or Osceola counties**
- **Have ever been told by a doctor that they have what is called a "serious mental illness"; or have a history of serious mental illness**
- **Have ever been told by a doctor that they have an intellectual/developmental disability or a developmental delay; or have a history of such disability**
- **Believe they may have one of these conditions, but haven't been tested**
- **Believe their child has or may have one of these conditions**
- **An individual believes that they have a co-occurring mental illness/substance use disorder.**

CMHCM LOCATIONS



Clare County
789 North Clare Avenue
Harrison, MI 48625
989.539.2141



Midland County
218 Fast Ice Drive
Midland, MI 48642
989.631.2320



Isabella County
301 South Crapo Street
Mt. Pleasant, MI 48858
989.772.5938



Mecosta County
500 South Third Avenue
Big Rapids, MI 49307
231.796.5825



Gladwin County
655 East Cedar Avenue
Gladwin, MI 48624
989.426.9295



Osceola County
4473 220th Avenue
Reed City, MI 49677
231.832.2247

HOW TO ACCESS SERVICES



WELCOME

When you walk into the local CMHCM office, or log into the Same Day Access waiting room, you will be asked questions that will help determine if you are eligible for services. Same Day Access to services means no appointment is required.



Visit www.cmhcm.org/contact/locations to determine the closest CMHCM location. When you visit us, it is a good idea to bring your insurance card(s) and proof of income with you. We're here to help you when you need it.



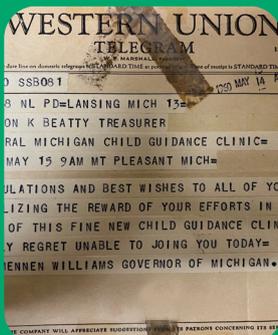
Picking up the phone and dialing 800-317-0708 and asking to speak with Same Day Access will get you connected with a navigator.



Accessing services can also be done online. You can visit <https://cmhcmsda.doxy.me/sdawaitingroom> and be connected with a navigator who will determine your eligibility for services at CMHCM.

AGENCY HISTORY

The Central Michigan Child Guidance Clinic was incorporated as a non-profit corporation (501c3) on November 17, 1956.



The Central Michigan Mental Health Clinic was renamed the Central Michigan Mental Health Facilities Board in March 1978. It remained the owner and manager of the clinic buildings utilized by the Mental Health Services Board.



Community Mental Health for Central Michigan (CMHCM) was created in October of 2001 as a result of a merger between Central Michigan Community Mental Health and Midland-Gladwin Community Mental Health.

1950s

1960s

1970s

1980s

2000s



Community leaders lobbied Governor G. Mennen “Soapy” Williams to fund a mental health clinic in the central Michigan area.

Central Michigan Community Mental Health Services in 1960 as the Central Michigan Child Guidance Clinic. New services were added for all population groups, the name was changed to reflect the transformation, and buildings continually expanded to accommodate the increasing demand for services.

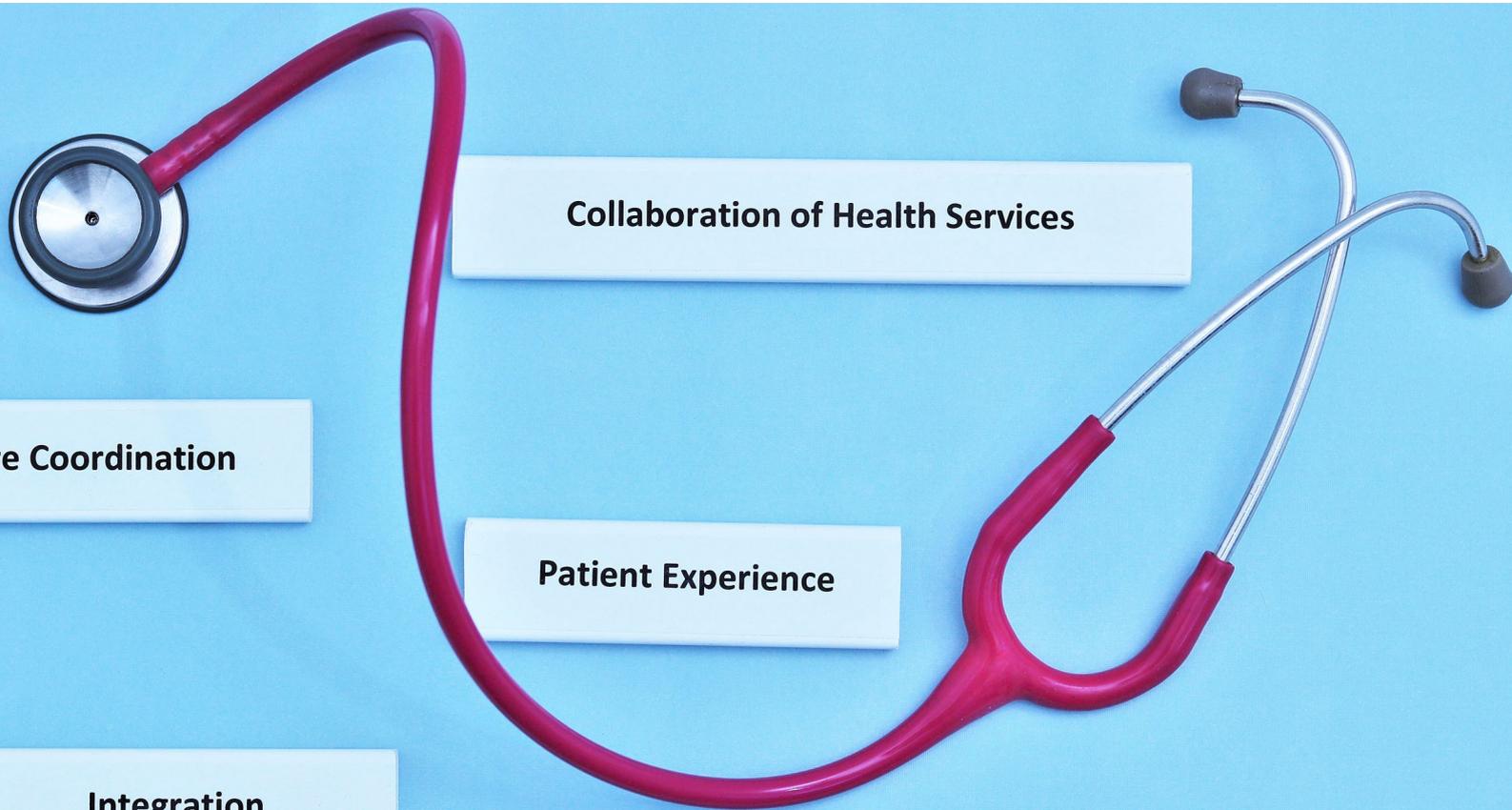
In September 1969, the clinic extended its services to include children and adults with developmental disabilities and persons with serious and persistent mental illness.



The Report “Into the 80’s” was released in 1980. This report described the principles and features of a model mental health system and included 80 recommendations for change. The report recommended a single point of responsibility for entry into and exit from the public mental health system. It further recommended that local mental health authorities made up of one or more counties be established to act as that single point of responsibility and to manage and deliver services.



**Community
Mental Health**
FOR CENTRAL MICHIGAN



Collaboration of Health Services

Care Coordination

Patient Experience

Integration



Services for Adults

Community Mental Health for Central Michigan utilizes a **team-based approach** to mental health, which means that physical and behavioral health are supported by an integrated team of caregivers all working together. This team-based approach has been shown to improve quality of care for consumers and generate better outcomes.

Each team will consist of a case manager, a peer, a therapist, a nurse, a psychiatric staff, an employment specialist, and other referrals depending on your identified needs.

Some of services that are within the scope of team-based care may include:

- **Case Management,**
- **Cognitive Behavior Therapy (CBT)**
- **Dialectic Behavioral Therapy (DBT)**
- **Trauma-Focused Cognitive Behavior Treatment**
- **Assertive Community Treatment**
- **Psychiatric Services**
- **Clubhouse Programs**
- **Peer Support**
- **Integrated Dually Diagnosed Treatment (IDDT)**
- **Supported/Integrated Employment Services**



Children's Services

Services provided to children and family will be discussed during the development of the child's family-centered, youth-guided individualized plan.

Outpatient child therapy is authorized when children and adolescents have emotional or behavioral problems and meeting with a therapist to learn new skills to understand and deal with thoughts and feelings can help them do better at home and in the community.

Outpatient family therapy is another option that therapists may use when it's important for the family to work together on a child's behavior. In this way, the whole family can work together on treatment goals.

Respite services provide relief from the daily stress and care demands of a child with behavioral challenges. Respite care can be provided in the home or in another setting.

Home-Based Services are more flexible because the services occur in the home and community and can be scheduled more often than is usually true of outpatient counseling. Sometimes Home-Based services are recommended when a child and family have more intensive needs and services are focused on both the child and the family. Home-Based services are designed to support the child to remain in their family home, they also may be used when children and families who have been separated are working on being reunified.

Wraparound is a planning process used when children and families need a higher level of support to achieve their goals and when the child is at risk of not being able to stay at home or in the community. The Wraparound team identifies the child and family's strengths and needs and decides how to help them meet their goals.



Autism Services

Community Mental Health for Central Michigan provides Applied Behavior Analysis and other services to Medicaid eligible youth diagnosed with Autism Spectrum Disorder (ASD).

The goals of treatment for ASD focus on improving core deficits in communication, social interactions, and restricted behaviors.

Changing these fundamental deficits may benefit children by developing greater functional skills and independence.

Medicaid beneficiaries under 21 years of age, who meet the diagnostic criteria for an ASD are eligible to receive services through the specialized autism program.

Individualized and intensive interventions through Applied Behavior Analysis (ABA) are provided for up to 25-hours per week in home, in centers, and in community settings. ABA is an Evidence Based Practice that follows a scientific approach to increase positive behaviors and replace challenging behaviors with functional skills.



Crisis Services

Community Mental Health for Central Michigan provides 24/7 free and confidential support for people in distress. The line provides crisis services and resources to both adults and children.

A six-county Crisis Mobilization Intervention Team (CMIT) provides crisis interventions face-to-face, virtually, or over the phone 24-hours a day, seven days a week. CMIT staff will work to stabilize an individual regardless of insurance status or residency. CMIT can also respond to designated after hours locations and jail regardless of insurance status.

Additional crisis services include crisis interventions which are unscheduled individual or group services aimed at reducing or eliminating the impact of unexpected events on mental health and well-being.

Crisis Residential Services are also available as short-term alternatives to inpatient hospitalization provided in a special licensed residential setting with on-site nursing consultation for psychiatric stability.

Community Services for Individual with an Intellectual/Developmental Disability

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Supports Coordination/Case Management

provides a staff person who works directly with the consumer of mental health services. His or her role is to listen to a person's goals and to help find the services and providers inside and outside the local community mental health services program that will help achieve the goals. This staff person also helps write an individual plan of service, makes sure the services are delivered, and may also connect a person to resources in the community for employment, community living, education, public benefits, and recreational activities.

Skill-Building Assistance includes supports, services and training to help a person participate actively at school, work, or community settings.

Community Living Support (CLS) services are used to help a consumer build his or her skills to be more successful in the community. CLS services are provided by aides who can help teach skills or activities of daily living (for example personal hygiene), social skills or other things that are part of the person centered plan.



RESOURCES



Moodfit

Voted “Best Overall Mental Health App” three years in a row, CMHCM has made download of the app free to community members.

There isn't a one-size-fits-all solution to good mental health. Moodfit provides a comprehensive set of customizable tools.

Take a Mental Health Test

Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.



A free mental health assessment is available to anyone who visits Community Mental Health for Central Michigan website: www.cmhcm.org. Online screening is one of the quickest and easiest ways to determine whether a person is experiencing symptoms of a mental health condition.



www.cmhcm.org



Mental Health FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues.

CMHCM has six certified Mental Health First Aid trainers. Their certifications include Adult, Youth, and Public Safety.



NEED HELP?

**CMHCM offers a
24/7 crisis line**

800-317-0708 or 9-8-8